**Positive Psychology Readings**

**Overviews**


**Additional readings for academics**


**Additional readings for non-academics**


**The definition and assessment of well-being**


Additional readings


**Some areas of well-being research in greater detail**

- Meaning
- Flow
- Elevation
- Self-determination theory
- Vitality


Additional readings


**The benefits of well-being, biological correlates of PP topics**


**Additional readings**


For those interested in the proposed neurological underpinnings of positive emotions


The famous yearbook picture study that links genuine smiles to later marital satisfaction


**Predictors of well-being**


**Additional readings**


**Well-being in different groups**


**Additional readings**


**Character strengths**

**Additional readings**


**Relationships and positive institutions**


Additional readings


See also the online syllabi of POS expert Jane Dutton at [http://www.bus.umich.edu/Positive/PDF/Syllabus_Dutton_MO501.pdf](http://www.bus.umich.edu/Positive/PDF/Syllabus_Dutton_MO501.pdf) and [http://www.bus.umich.edu/Positive/POS-teaching-and-learning/pos+hf_syllabus.doc](http://www.bus.umich.edu/Positive/POS-teaching-and-learning/pos+hf_syllabus.doc)

**Resilience, posttraumatic growth, positive interventions, and savouring**


**Additional readings**

*Mindfulness and Meditation*


argue for mindfulness meditation & loving-kindness meditation in clinical practice


this paper is on breathing-based meditation


Some other resources:
- [http://www.dharmaseed.org/retreats/1134/](http://www.dharmaseed.org/retreats/1134/)
- [http://marc.ucla.edu/body.cfm?id=22](http://marc.ucla.edu/body.cfm?id=22)
- [http://www.contemplativemind.org/resources/audio.html](http://www.contemplativemind.org/resources/audio.html) the ones by Zajonc

**Meaning-centered Therapy**


I have a copy of the chapter if you should be interested


**Michael Fordyce’s happiness intervention**


You can learn about his work on his website [http://www.gethappy.net/](http://www.gethappy.net/)

**Acceptance and Commitment Therapy (ACT)**


therapies. Chichester, United Kingdom: Wiley.
The main ACT website: www.contextualpsychology.org

Wraparound services

Here are also some website to learn more about it:
http://cecp.air.org/wraparound/famstren.html
http://www.vroonvdb.com/whoweare.html
http://cecp.air.org/resources/journals/RTY/resilience.asp

Sustainable increases in happiness


The relevance of Fredrickson's work


Padesky’s resilience-building intervention


Quality of Life Therapy and Coaching


See also [http://bearspace.baylor.edu/Michael_B_Frisch/www/](http://bearspace.baylor.edu/Michael_B_Frisch/www/) [http://www.mentorcoach.com/courses/frisch.htm](http://www.mentorcoach.com/courses/frisch.htm)

*Alex Wood on integrating promotion of the positive with removal of the negative*


Alex Wood’s website provides a nice summary of his work and links to all his papers: [http://personalpages.manchester.ac.uk/staff/alex.wood/alex_wood.html](http://personalpages.manchester.ac.uk/staff/alex.wood/alex_wood.html)

*Seligman: Prevention; Positive Psychotherapy (PPT)*


can get from [http://www.ppc.sas.upenn.edu/apexsum.htm](http://www.ppc.sas.upenn.edu/apexsum.htm)


can get from [http://www.ppc.sas.upenn.edu/apexsum.htm](http://www.ppc.sas.upenn.edu/apexsum.htm)

**Well-being Therapy (WBT)**


I have not included their other articles because this one is a good review paper

**Coaching**


Tony Grant’s website: http://www.mentorcoach.com/grant/

**Overviews of positive interventions**

Posttraumatic growth and resilience


Seery, M. D., Holman, E. A., & Silver, R. C. (2010). Whatever does not kill us: Cumulative


Also take a look at the following resilience websites:
- www.ApaHelpCenter.org
- www.cce.umn.edu
- resilnet.uiuc.edu

*Other publications*


